Yogurt Pops

1 pint plain non-fat yogurt
2 tablespoons frozen orange juice concentrate*
2 tablespoons sugar
1/2 teaspoon vanilla

Combine ingredients, mixing well.
Pour into 3-ounce paper cups. Freeze until almost firm, about one hour.
In each popsicle insert a wooden stick** or plastic spoon. Complete freezing.

Makes 5 or 6.

*Mix the remaining concentrate with water to make juice for breakfast or snacks.
**Tongue depressors from the drug store make good popsicle sticks.

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